

# **Resting Metabolic Rate Testing**



#### What is it?

Resting Metabolic Rate (RMR) testing is the measurement of how much food, or energy, is required to maintain basic body functions such as heartbeat, breathing, and maintenance of body heat while you are in a state of rest. That energy is expressed in calories per day.

## How does it work?

During the test, client will be seated or reclining in a comfortable position in a quiet/private room. Client breathes through a disposable mouthpiece that is connected to a machine called MetaCheck. A nose clip is used to assure all air passes through the mouthpiece. Client continues to breathe through the mouthpiece until the MetaCheck indicates the RMR has been calculated. This usually takes approximately 10 minutes. For more accurate results, fasting and no intentional physical activity for 8-12 hours is recommended.

## Why perform the MetaCheck test?

The MetaCheck can screen for abnormally low metabolic rates, help physicians and dietitians teach energy balance, and pinpoint the precise caloric intake required for weight loss, gain, or maintenance.

## What else do I need to know?

Once the test is performed, clients receive a printed report of their results and a 30 minute Nutrition Coaching appointment with the dietitian to review their MetaCheck results and recieve brief nutrition tips based on those results.

## Fee

Member - \$45 Non-member - \$55

#### Contact

Call 785-623-5900 to schedule your RMR test.

#### **Discrimination is Against the Law**

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer
Hays Medical Center
2220 Canterbury Drive
Hays, Kansas 67601
Telephone Number: 785.650.2759
TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711
Fax: 785.623.5524

Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1–855-429-7633 (TTY: 1–800-766-3777).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1–855-429-7633 (TTY: 1–800-766-3777).

#### VIETNAMESE

 $CHÚ \acute{Y}: N\'{e}u bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-429-7633 (TTY: 1-800-766-3777).$ 

#### CHINESE

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-855-429-7633 (TTY: 1-800-766-3777)。

#### GERMAN

A CHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-429-7633 (TTY: 1-800-766-3777).

#### KOREAN

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777)

#### LAOTIAN

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ 1–855-429-7633 (TTY: 1–800-766-3777).

#### ARABIC

. TTY: 1-800-766-3777). ومرقم اتصل بالمجان لك تتوافسر اللغويسة المساعدة خدمات فإن ،اللغة اذكر تتحدث كنت إذا إملحوظة

#### TAGALOG

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-429-7633 (TTY: 1-800-766-3777)

#### BURMESE

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အစမဲ့၊ သင့်အတွက်

#### စီစဉ်ဆောင်ရွက်ပေးပါမည်။

ဖုန်းနံပါတ် 1–855-429-7633 (TTY: 1–800-766-3777 ) သို့ ခေါ် ဆိုပါ။

#### FRENCH

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

#### JAPANESE

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

#### RUSSIAN

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1–855-429-7633 (телетайп: 1–800-766-3777).

#### HMONG

 $LUS CEEV: Yog \ tias \ koj \ hais \ lus \ Hmoob, cov \ kev \ pab \ txog \ lus, \ muaj \ kev \ pab \ dawb \ rau \ koj. \ Hu \ rau \ 1-855-429-7633 \ (TTY: 1-800-766-3777).$ 

### PERSIAN (FARSI)

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توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما
فراهم می باشد. با ( 777-780-18-18) TTY: -633-488-1 تماس بگیرید.
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#### SWAHILI

KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1–855-429-7633 (TTY: 1–800-766-3777).